

AVOCA BEACH SURF LIFESAVING CLUB Inc.

PO Box 22, Avoca Beach 2251 www.avocabeachslsc.asn.au Brett Hunter (Dir of Admin): 0410 630 22 brett@rhcoastal.com
The Admin Office: Ph: 4382 1514, Fax: 4382 4250, Email: office@avocabeachslsc.asn.au

JULY 2007

AVOCA BEACH, SLS CC CLUB OF THE YEAR 2006/07

Each Club on the Central Coast is judged and awarded points throughout the year in the following categories:

Awards

Thank you to our trainers, our members who undertook their Bronze Medallions, the Members who traveled to SLS CC headquarters to attend extra courses, to our Nippers on gaining their Age Awards. (This is calculated as a percentage of active membership)

Patrol Inspections

Thank you to all our patrolling members who ensured the beach was correctly set up with full equipment, to those who attended patrols in their full patrol uniform; to the patrols that were inspected and were able to show their skills

Membership

Thank you to all our renewing members, our new members both Active and Associate. You are all part of the Club of the Year. (Membership is based on a percentage of our growth compared to the total Branch membership growth)

Attendance at Meetings

Thank you to all who attended the various summits, BOLS and BOSS meetings, Branch Council meetings and other specially convened meetings by SLS CC

Competition

Thank you to all our Coaches, our competitors, our officials. This area is not based on how well we competed at a carnival, but that we attended and supported our local carnivals, including Rookie and Pool Challenges;

Administration & Finance

We got our bills paid and the paperwork in on time!

So Congratulations to all Club Members! And hopefully we wont wait another 30 years to win it again!

Cheers Boys, Cheers Boys, Here We Are Avoca.....

Surf Lifesaving Central Coast

Awards of Excellence

16 June 2007

Other Avoca Winners on the Night:

Masters Competitor of the Year
Nigel Tebb

Opens Competitor of the Year
Richard Brierty

U19 Competitor of the Year
Jack Mitchell

Team of the Year
U19 Double Ski

Jack Mitchell, Lachlan Tame

Inducted into the Rookie Wall of Fame
For a rescue by a Nipper
Matthew O'Grady

Inducted as SLS CC Life Member
Slim Peebles

Congratulations to all our winners, and we thank all our winners and Nominees for all the time and effort that they put into the Club.

Congratulations to Avoca Beach SLSC

Perpetual Award Winners

Clubman of the Year	Tony Bennett
Junior Clubperson	Jessica Ryan, Lachlan Tame
Cadet Clubperson	Jess Davis
Patrolperson of the Year	Craig Anderson
Junior Patrolperson	Penny Winter
Patrol of the Year	Darren Clarke's
Female Competitor	Marissa Moore
Male Competitor	Jack Mitchell, Lachlan Tame
Masters Competitor	Nigel Tebb
Competitors Competitor	Jack Mitchell
Boatie of the Year	Dave Babbage
Female Boatie	Mel Macpherson
Roll Over Award	Tom Morrow

Can all those who achieved their Bronze Medallion during the past season please come and collect their framed medallion from the office.

<p>DIARY DATES: Saturday 28 July Red Faces Sunday 29 July Boaties AGM 11am Sunday 5 August AGM Saturday 11 August Trivia Night Fundraiser Saturday 29 Sept First Day of Patrols Saturday 29 Sept Club Ball 6 - 9 March 2008 State Championships 1-6 April 2008 Aussies in Perth</p>	<p>ATTENTION all U15 – OPEN Crafties, Wateries & Anyone Keen To Have a Go With a very successful season now behind us, celebrated at the recent Preso night, it's time to start looking forward to 2007-08 if you haven't already. That said, an enthusiastic bunch of coaches have been meeting over recent weeks to formulate a plan of attack. Whilst plans are formalizing we thought we would kick off with some paddling and a bit of cross training. It's the time of year for a laying a bit of base (aerobic & strength) & working on technique so for anyone keen, in the week, Matty Mitch currently have ski, weights and MTB sessions planned. Commencing this Sunday 8th July, with Nige & Shadey, will be a weekly board paddle, hitting the water at 11am. Bring wetty pants and a warm top to paddle in at the bare minimum. Steamers are not the go though – they are bad for your technique. Nothing too serious, maybe a paddle to North Avoca, some waves, a bit of a run some fun in the sun (hopefully). In summary, currently available training sessions are as follows Monday 4:30: Mountain Bike Riding Kincumber / Gym Tuesday 4.30: Ski at the Lake Wednesday 4.30: Ski at the Club Friday 4pm: Ski at the Club or Mountain Bike Riding / Gym Saturday 1pm: Ski at the Club Sunday 11am: Board at the Club All sessions are dependent on winter weather. A decision will be made on the day regarding suitability of the venue Stay warm and stay tuned for more info in the coming weeks. (Please also check website for updates) We hope to see you at a session soon. Oh, and if swimming, board paddling or Ironman/ woman is part of your plan next season you should be back in the pool by now too, at least a couple of days per week. Regards—The Surf Sports Panel</p>
<p>PHUKET UPDATE Our team arrived safely in Phuket and training of the local lifeguards is now underway. For a daily update follow the link below to their blog site http://www.travelblog.org/fred.php?id=179591</p>	
<p>BOATIES AGM Sunday 11am at the Clubhouse. Can all boaties please make themselves available to attend. Agenda - Election of new Boat Captain; - Boat Levies</p>	
<p>TRIVIA NIGHT—SATURDAY 11 AUGUST Todd Petrie is hosting a Trivia Night on Saturday 11 August as part of his fundraising for the UK trip for the Australian Police Rugby Union Tour. \$100 per table, maximum of 10 per table. Start 6.30pm. BYO Nibbles. Please contact Todd Petrie on 0418 117 453</p>	
<p>PATROLS 2007 / 08 With the patrol season set to start in 10 weeks, planning will soon get underway for the new season with the organizing of patrol rosters etc. It would be very helpful if all those Members considering applying for static patrol membership (ie for work or educational reasons cannot attend regular patrols) do so in writing within the next few weeks. Written requests can be handed in at the AGM or forwarded to the office. Requests for static can only be approved by the Board of Directors and must be submitted in writing. Static patrol members are still expected to perform patrols and are required to achieve the 25 hours of patrol in order to compete. If there are any members no longer planning to attend patrols, it would be appreciated if they could let the Club know . Any members wishing to step up and become a Patrol Captain, or IRB Driver, please let us know as the more hands on deck the better! Members requesting Long Service or Reserve Active Membership also need to put their requests in writing to the Board for consideration.</p>	
<p>SLSA News: Anyone wishing to be senior official at Aussies are invited to submit their nomination forms . SLS NSW News: NSW Endurance Championships are at Callaroy on Sept 22. Club entries close on Monday 10 July. Details available on the website.</p>	<p>REGISTRATIONS Club & Gym registrations for the 2007/-8 season are now due. Membership from 2006/07 season expires on 5 November along with members access privileges to the Clubhouse and its facilities. Avoid the rush or future disappointment and get in now! The Board have decided to reduce membership rates to active patrolling members in recognition of their commitment to the Club.</p> <p>IRB RACING Congratulations to the U21 Team, Lachlan Tame, Jack Mitchell, Daniel Jung, Jess Ryan on their 3rd place at the recent IRB State Titles at South West Rocks. Teams also made 7 finals on the day.</p>

RED FACES

Saturday 28th July.... Starts at 6.30pm

Tickets available thru Anita at the office
\$10 per head or \$15 at the door

Bring a plate for your table, Bar will be open

Lucky door prize, Heads n Tails
and plenty of games
with great prizes and great fun.

Proudly supported by **SKINS Compression Garments..**

For more information contact
David Birt 0412 531 353



BRANCH COURSES

- ☞ Spinal Management: 16 July
- ☞ Defibrillation: 23 August
- ☞ Officials: 17 & 18 July
- ☞ Training Officer: 12, 15 July
- ☞ Senior First Aid: 25 August (you need to have completed on the online component prior to the course)
- ☞ Advanced Emergency Care: 8 August
- ☞ Patrol Captains: 21 July

All courses are conducted at the Tuggerah office of SLS CC, 2 Teamster Pl, Tuggerah from 6.30pm to 9pm except SFA & Patrol Captains.

YOGALATES AT AB SLSC CLUBHOUSE

Monday, Wednesday 6pm, Friday 9am
Contact: Anne Love 0411 049 969

PILATES AT THE AB SLSC CLUBHOUSE

Wednesday 9am, Thursday 6pm
Contact Michelle: 0425 224 532

MAD COW THEATRE: Tuesdays

AB SLSC ADMIN OFFICE: PH: 4382 1514

office@avocabeachslsc.asn.au

The Administration Office is open on
Monday 10am to 4pm
Thursday: 2pm to 5pm
Saturday mornings.

GOLD SPONSORS

- ◆ AUSTRALAND
- ◆ GEORGE BRAND REAL ESTATE
- ◆ GOSFORD CITY COUNCIL
- ◆ RAINE & HORNE - AVOCA BEACH REAL ESTATE
- ◆ H&H CATERING
- ◆ L.J. HOOKER AVOCA BEACH
- ◆ LYNAIR INTERNATIONAL FREIGHTING
- ◆ PREMIER FIRE PROTECTION SERVICES
- ◆ ROBSON CIVIL PROJECTS
- ◆ TYRRELL'S WINES

Silver Sponsors: Avoca Beach Architectural & Hardware Avoca Beach Bowling & Recreation Club; Avoca Beach Hotel; Avoca Beach Palms Resort; ABSLSC Ladies Auxiliary; Central Coast Radio; Coastal Tiles; Davistown RSL; Dunes; Eagles Plumbing; Energy Australia; Erina Fair, Fred Rose Bathrooms; G&W Hydraulics; Kincumber Hotel, Kincumber Signs; Kincumber Village Shopping Centre; Michael Riley & Assoc; National Truss Company; NBN; Seafood Spot; Signwave; Star Electrical; TJs Country Fresh; Three Points Surf Shop; Wizard Home Loans.

Bronze Sponsors: Allcoast Concrete & Pump Hire, Airpak, Angelena Andanopoulos, Avoca Beach Community Association, Avoca Beach Cellars, Avoca Beach Cake Shop, Avoca Beach Medical Centre, Avoca Beach Pharmacy, Avoca Air Mechanical Services, Avoca Beach Kiosk, Avoca Beach Welcome Mart, Avoca Hair Affair, Avoca Beach Laundrette, Beauty By the Sea, Blue Bar & Restaurant, Bunnings Building Supplies, Billy Todd, Chris Pickup, Central Coast Stairs, D&D Hardaker Painting, Dorrell Fabrications, Eagles Plumbing, Gosford Golf Club, Green Point Village Shopping Centre, Haven Restaurant, Kahvah, y, Marese Apartments, Midcoast Windows, Mitchell Brothers, Mitre 10 Kincumber, Riley's B&B, Sea Change, Shirro Australia, Singo's Meats, SLS Central Coast, Skins, Tarragal Glen Village, Vicky McGuinness, Video To Go, Zumtobel, Zoggs.

Notice is hereby given of the
79th Annual General Meeting of
AVOCA BEACH SURF LIFE SAVING CLUB
on
SUNDAY 5 AUGUST, 2007
COMMENCING AT THE CONCLUSION OF THE
SPECIAL GENERAL MEETING
AT
AVOCA BEACH SURF LIFESAVING CLUB

Agenda

- ☞ Welcoming Address by 2006-07 President, Garry Clarke,
- ☞ To confirm the Minutes of the Previous meeting & discuss issues arising from these.
- ☞ To Receive and adopt the Annual Report and Financial Statement (detailed financial statements are available on request)
- ☞ Election of Office Bearers for 2007-08, as per attached;
- ☞ Life Member Nominations for Murray Braund, Robert Cairncross, Bill Mitchell.

Please Note: Only financial Active, Long Service, Active Reserve, Honorary Life Members and Award Members are entitled to vote at any General Meeting. Associate Members cannot vote except if they have had seven (7) years active service

Registrations will commence at 9am

Fees for the 2007 – 2008 Season

Active Members	\$45
Active Member U18, Cadet	\$45
Long Service, Reserve Active	\$45
Associate Member (must be over 35)	\$80
Associate Ladies Aux:	\$40
Gym Levy	\$50

**Notice is hereby given that a Special General Meeting
will be held of Avoca Beach Surf Lifesaving Club Inc on
Sunday 5 August, at 10:00am**

To vote on the following Constitutional Amendments:

- To make minor adjustments to position descriptions so described to take into account the presence of paid administrative assistant;
- To include the role of Caretaker in the position descriptions.

**Nomination Form 200708 Season
Avoca Beach Surf Life Saving Club Inc**

All nominations must carry the written consent of the nominee and be signed by two members of the Club and delivered to the Director of Administration 7 days prior to the meeting. If insufficient nominations are received further nominations may in the Chairman's discretion be received at the AGM

I..... being a member of Avoca Beach Surf Life Saving Club wish to nominate for the following position (please circle):

Board of Directors:

- Chairman
- Vice Chairman (Special Events)
- Vice Chairman (House)
- Director of Administration (Secretary)
- Director of Finance (Treasurer)
- Director of Life Saving (Club Captain)
- Director of Competition
- Director of Youth Development

Club Office Bearers:

- | | |
|--|------------------------------|
| Vice Director of Life Saving | Vice Director of Life Saving |
| Chief Instructor | Registrar |
| Youth Training Captain (Nippers Coach) | IRB Captain |
| Boat Captain | Masters Captain |
| Board Captain | Ski Captain |
| Beach Captain | Water Captain |
| Special Events Coordinator | First Aid Officer |
| Bar Manager | Radio Officer |
| Gym Coordinator | Competition Team Manager |
| Life Member Committee | House Committee |

.....
Signed and Dated:

I..... Being a member of Avoca Beach Surf Life Saving Club second the nomination.

I..... Being a member of Avoca Beach Surf Life Saving Club second the nomination.

PROXY FOR ANNUAL GENERAL MEETING AND / OR SPECIAL GENERAL MEETING

I _____ give my proxy to the Board of Directors

OR _____ (name of individual) to vote on the following:

1. Accept / Reject motion at Special General Meeting
2. Accept / Reject motion for _____
3. Accept / Reject motion for _____
4. Accept / Reject motion for _____

By submitting this proxy, I verify that I am a current financial member of Avoca Beach Surf Lifesaving Club Inc.

Signed & Dated:

Signed & Dated by Proxy: